

# Tickton Pre-school and Play Pals Breakfast Menu.

Breakfast is a very important meal; therefore we offer a healthy breakfast buffet for children to make their own choice. Adults will encourage all children to eat a well-balanced breakfast.



**Organic Puffed Rice, Bite Sized Wheat's,  
Weetabix, Porridge, Bran flakes,  
Wholemeal Toast,  
Organic Fruit Fromage Frais and Yoghurt.**



**Fresh Fruit Bowl,  
Milk and Water, Fresh fruit juice.**

